

Healthy Heart in Young Women Study



Volunteers Wanted for Research on Omega-3 and Heart Health

Are you interested in finding out about your cardiovascular risk profile?

Would you like take part in a world-first clinical trial investigating the benefits of omega-3 fats for heart health in pre-menopausal women, and are you?

- **Female aged 18-40 yrs**

Participation involves:

- An introductory clinic visit to determine eligibility
- Supplementation of diet with low doses of fish oil or placebo capsules for approximately 8 weeks
- Having blood samples taken at 5 specific times
- Other laboratory measures including weight, height and blood pressure
- Completing 3 questionnaires that assess diet, health and lifestyle

What will you get out of this?

- Your detailed blood lipid and blood pressure results
- Your omega-3 status
- An assessment of your diet

**For more details please contact Cassie Sparkes at the
University of Wollongong:**

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